



## OPERATING INSTRUCTIONS

Your **THERMOTEX** Infrared Therapy System is easy to use.

It is important to know that the infrared energy radiates only from one side of your **THERMOTEX**. Place the hard side of your **THERMOTEX** heat inserts towards your body. **The padded side does not heat.**

The **THERMOTEX** Infrared Therapy System uses a multi-position switch. You will want to start your treatment on the high setting for the first 15 minutes and then switch to low for the duration of the treatment. If you find the surface too warm, you can put a towel between your body and the **THERMOTEX**. The infrared heat penetrations will still be effective. All prolonged use must be on the **LOW** setting.

It is important that you use your **THERMOTEX** for a minimum of 30-45 minutes (longer if desired) on each area that you are treating. For the first two or three weeks we recommend you use your **THERMOTEX** twice a day (for chronic pain you may need to use it three or four times per day). After that, and when you have the experienced pain relief, you may not need to use it as often. We recommend daily use. This is particularly important for chronic and inflammatory pain. Regular use of the **THERMOTEX** will significantly reduce levels of inflammation and lactic acid build up.

**IT IS IMPORTANT TO UNDERSTAND** that the heat you feel will not always be the same. This is due to your body's individual and varying reaction. After you have been using **THERMOTEX** regularly, you may find that it does not feel as warm as it did earlier. There is **NOTHING WRONG** with your **THERMOTEX**. This is what you should expect. It is a good sign - it means it is working well and you will be experiencing relief of pain. It is also normal to feel greater heat on one part of your body than on another.

## IMPORTANT SAFETY INSTRUCTIONS

**DANGER** - TO REDUCE THE RISK OF BURNS, ELECTRICAL SHOCK AND FIRE, THIS PRODUCT MUST BE USED IN ACCORDANCE WITH THE FOLLOWING INSTRUCTIONS:

- **DO NOT USE WHILE SLEEPING.**
- **DO NOT USE ON AN INFANT.**
- **DO NOT USE WITH LINIMENT, SALVE OR OINTMENTS-** MAY CAUSE SKIN IRRITATION.
- **DO NOT PLUG IN AND LEAVE UNATTENDED.**
- **THIS INFRARED THERAPY SYSTEM IS NOT TO BE USED ON OR BY AN INVALID, SLEEPING OR UNCONCIOUS PERSON OR PERSONS WITH POOR BLOOD CIRCULATION, UNLESS CAREFULLY ATTENDED.**
- **CHECK SKIN UNDER THE HEAT INSERTS FREQUENTLY.**
- **NEVER USE HEAT INSERT WITHOUT THE OUTER COVER IN PLACE.**
- **DO NOT IMMERS YOUR **THERMOTEX** IN WATER OR ANY OTHER LIQUID. THE OUTER COVER MAY BE REMOVED FOR CLEANING. HAND WASH, MACHINE WASH OR DRY CLEAN.**
- **PERIODICALLY EXAMINE THE HEAT INSERTS (PVC). RETURN FOR REPAIR IF HEAT INSERTS SHOW ANY SIGN OF DETERIORATION.**
- **DO NOT USE PINS OR OTHER METALLIC MEANS TO FASTEN IN PLACE.**
- **DO NOT FOLD OR BEND YOUR **THERMOTEX** TTS GOLD. USE ONLY IN THE FLAT OR SLIGHTLY BOWED POSITION. YOUR TTS PLATINUM, TTS ELBOW, TTS KNEE, AND TTS SHOULDER WILL WRAP. THE HEAT INSERTS MUST NOT BE BENT.**
- **NEVER PULL YOUR **THERMOTEX** BY THE ELECTRICAL CORD.**
- **DO NOT USE THE CORD AS A HANDLE.**
- **SAVE THESE INSTRUCTIONS.**

## HOW TO USE YOUR THERMOTEX

**NOTE: RECOMMENDED TREATMENT TIME IS 30-45 MINUTES**

**FOR PAIN ASSOCIATED WITH THE BACK-** Place your **THERMOTEX** TTS Platinum or TTS Gold behind your back or lie down with it under the area that requires treatment.

**FOR PAIN ASSOCIATED WITH THE SHOULDERS OR NECK -** Drape your **THERMOTEX** TTS Platinum or TTS Shoulder System over the shoulder so the infrared penetrates the shoulder.

**FOR PAIN ASSOCIATED WITH THE HIPS-** Place your **THERMOTEX** at the back and then side of your hip.

**FOR PAIN ASSOCIATED WITH THE KNEES-** Wrap your **THERMOTEX** TTS Platinum, or TTS Knee around your knee.

**FOR PAIN ASSOCIATED WITH THE ARMS OR ELBOWS-** Wrap your **THERMOTEX** TTS Platinum or TTS Elbow around the area where treatment is required.

**FOR PAIN ASSOCIATED WITH THE HANDS AND FEET-** Make a muff with your **THERMOTEX** TTS Platinum, TTS Elbow or TTS Knee and slide your hand or foot inside.

### WHEN THERMOTEX SHOULD NOT BE USED

**Specific Contraindications:** (Do Not Use in Cases of)

- Pregnancy
- Adrenal Suppression
- Hemophilia

### Cautionary Notes :

Consult your healthcare professional before using **THERMOTEX** if you have any of the following:

- Malignancy (including skin lesions)
- Chronically hot or swollen point
- Circulatory diseases
- Implanted silicone or silicone prostheses
- Using Prescription Drugs
- Recent acute joint injury

**METAL IMPLANTS** - Pay attention for signs of any uncomfortable heat build up in the treatment area. If this occurs discontinue use.

**NOTE:** These cautionary notes are a guideline only and not intended to replace a health care professionals advice. Should any negative reaction to **THERMOTEX** use occur, discontinue use and contact your health care professional.

## APPLICATION OPTIONS

If desired, you may fasten the **THERMOTEX** TTS Platinum pad by using the elastic straps and Velcro fasteners as shown.



## TREATING THE NECK

